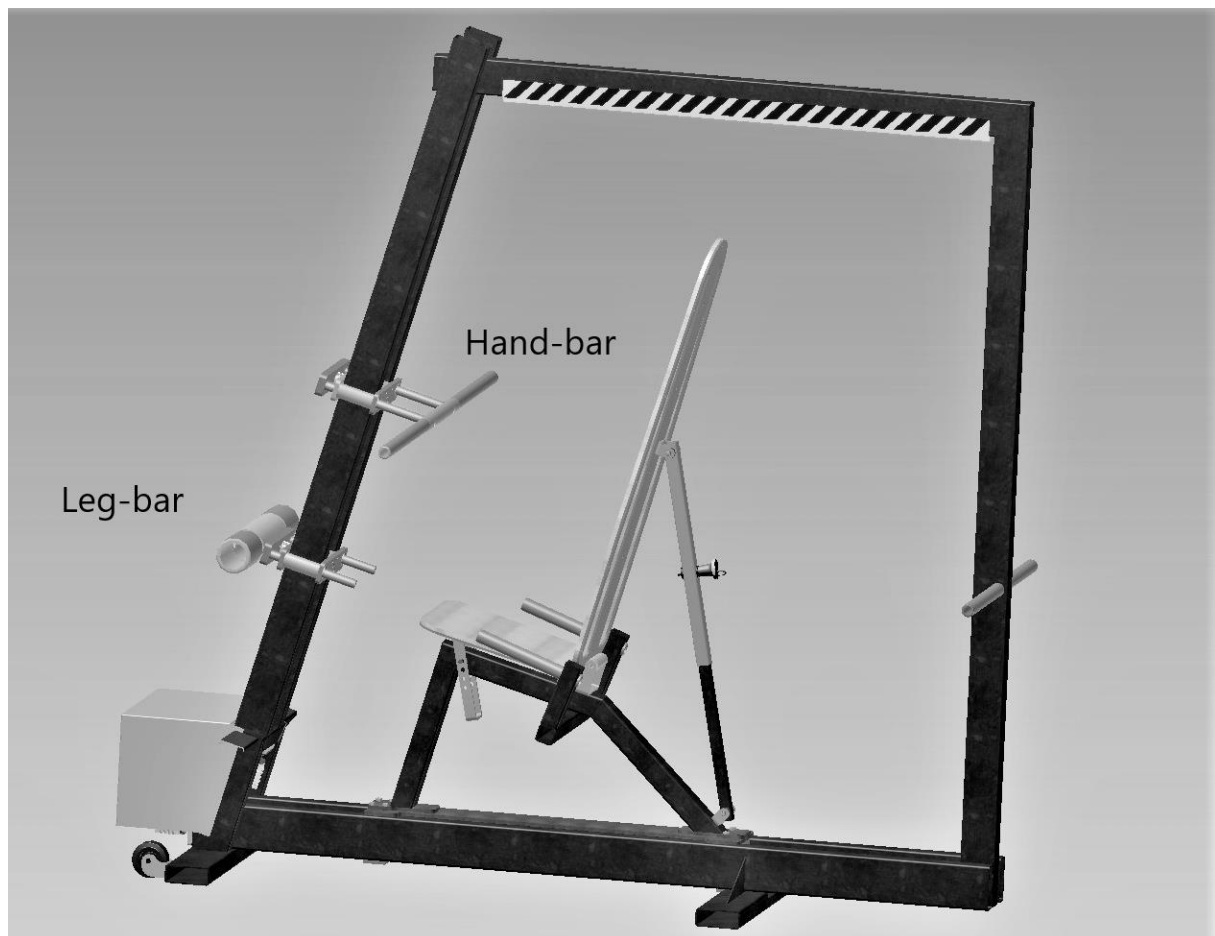


Reference data on anthropometrics, aerobic fitness and muscle strength in young Norwegian men and women

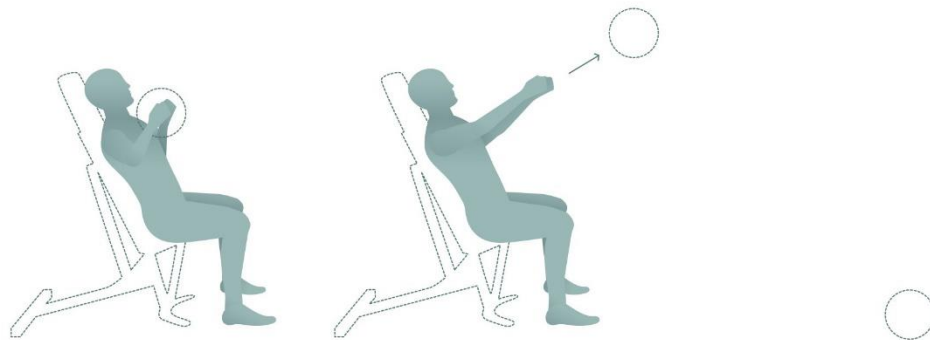
European Journal of Applied Physiology

Anders Aandstad, Norwegian Defence University College, Oslo, Norway

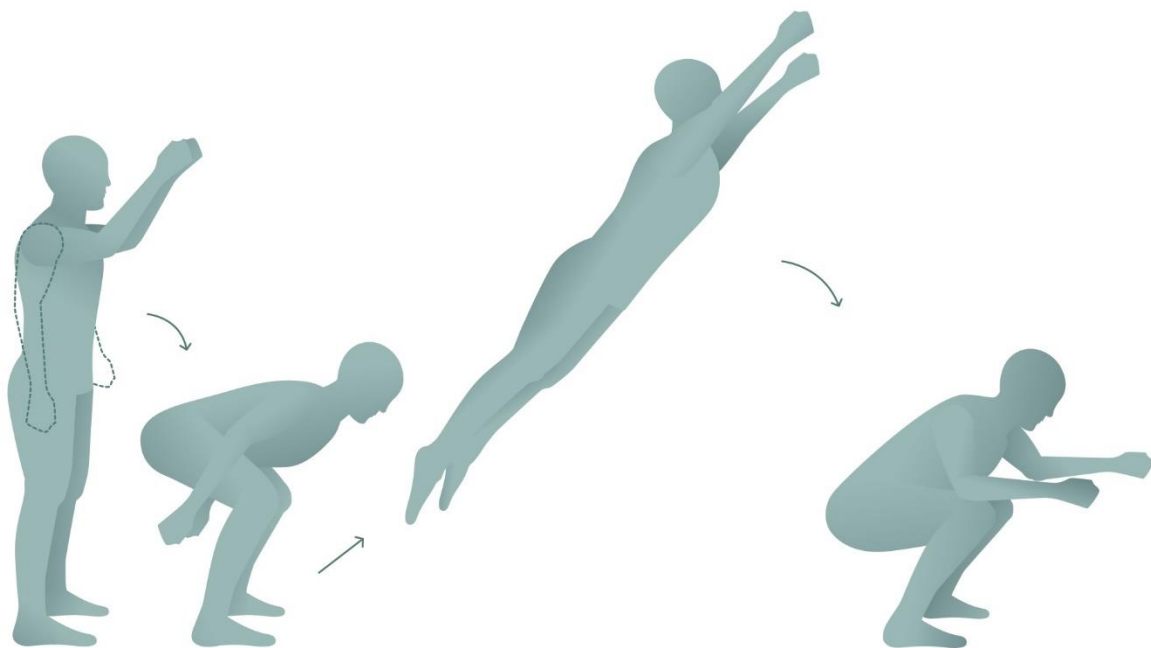
Corresponding author: Anders Aandstad, anaandstad@mil.no



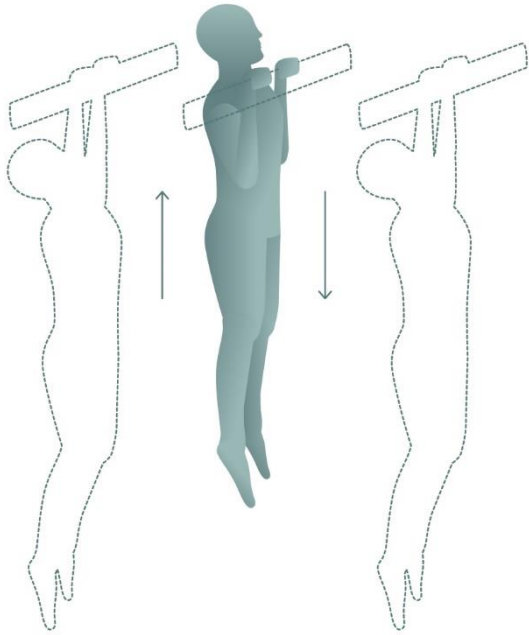
Online Resource 1. Illustration of the isometric chest and leg press apparatus.



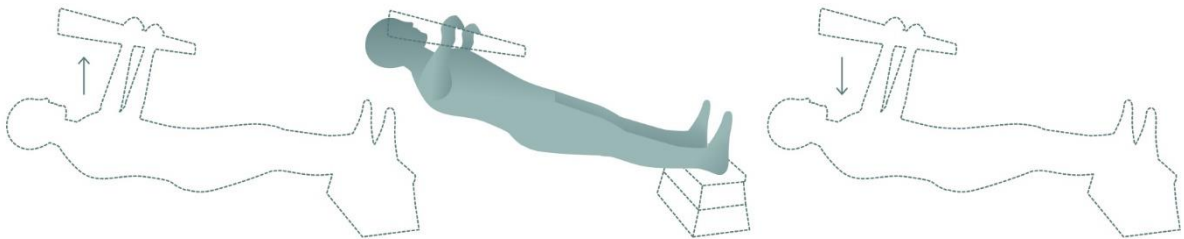
Online Resource 2. Illustration of the seated medicine ball throw test.



Online Resource 3. Illustration of the standing long jump test.



Online Resource 4. Illustration of the pull-ups vertical test.



Online Resource 5. Illustration of the pull-ups horizontal test.